



## AFTERSCHOOL PROGRAMS: Fun Physical Activity



**Name of Activity:** Partner Sit-Up

**Grade Level:** 6-8

**Equipment**

- 1 ball for every pair

**Fitness/Skill Components**

- Muscular Strength
- Endurance
- Throwing
- Catching

**Organization**

- Partners sit facing one another with knees bent (sit-up style). One partner holds the ball.

**Description**

- Pass the ball back and forth while performing sit-ups in a synchronized way.



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**ShapingNJ**, The State Partnership for Nutrition, Physical Activity and Obesity Prevention

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